

VOLUNTEERING

WHY VOLUNTEER?

Volunteering can be a positive experience for lots of reasons:

- It can be a great way to explore different areas of interest in a low-pressure environment
- Volunteering can be social and can often create a sense of purpose which can lead to a feeling of fulfilment, promoting positive mental health
- It is a great way to develop a sense of community and aid charities who might need extra help
- It's a great addition to a CV — volunteering can look fantastic to prospective employers as it can reflect what type of person you are and your commitment to your interests
- It is a great way to meet different people and make new friends outside of your regular environment

Different places to volunteer

Depending on what you are looking to get out of volunteering, your interests and career goals, there are many different places and organisations you can assist. Some examples include:

In a charity shop

This can be a good way to learn the skills required to work in a shop whilst raising money and helping a charity whose work you are interested in or passionate about. This is usually a regular commitment, so look for somewhere you would love to spend your time

With a group or class

If you are into sport, drama or anything in between, this is a good way to share what you love. Maybe your local team needs help running the younger group or your school needs support with the play. This is a great way to regularly practise your skills and inspire young people

With a specific organisation

The type of work here can hugely vary depending on your interests. If you are interested in the work of a specific company, organisation or charity, you can check out their website or make direct contact with them to find out different ways you can get involved

On a community project

This might be a more intense period of volunteering over a shorter period of time. If you find yourself with free time over the holidays, then this could be a good way to see a project from start to end and become a part of that community

Make some notes about any volunteering work that might interest you...



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